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KEVIN LEE/The Daily Her

The family that floats together: During a reunion, members of the Barnes family make their way down the Provo River in a variety of inner tubes and inflatable rafts.

Floating the mighty Provo

Thurs 7-15-99

By **CANDACE PERRY**
The Daily Herald

PROVO — The ultimate river trip.

In Utah Valley, that means braving the mighty Provo — a swelling gap between Deer Creek Reservoir and Utah Lake. And with this summer's heat wave, a splash in the cool water has packed the canyon with river rats looking for a good douse.

This is the sport for more expensive people. Solace is to be found lazing down many parts of the Provo in a nonmotorized raft, gazing at the mountains.

In other parts of the river, you will just want to hang on, keep your head low and **BOTTOMS UP!**

Rafts and inner tubes make up the majority of river traffic, but the occasional kayak, canoe and odd flotation device also appear.

I made three attempts down the river wild on a canoe, part raft/odd flotation device and tube, and have decided for a one-chilling adventure, the tube is the chosen vehicle.

Plus, tubes are no more than 10 at your local tire store and can be used on snowy hills in the wintertime.

But my first attempt was by

canoe. My canoeing partner said it would be sturdy, not pop and keep us dry. Sounded good to me.

Two capsizes later, the canoe changed my mind about feeling safe from the 40 degree water — or the river near Bridal Veil Falls, where we ended our first journey. Rough stuff.

Popular stretch

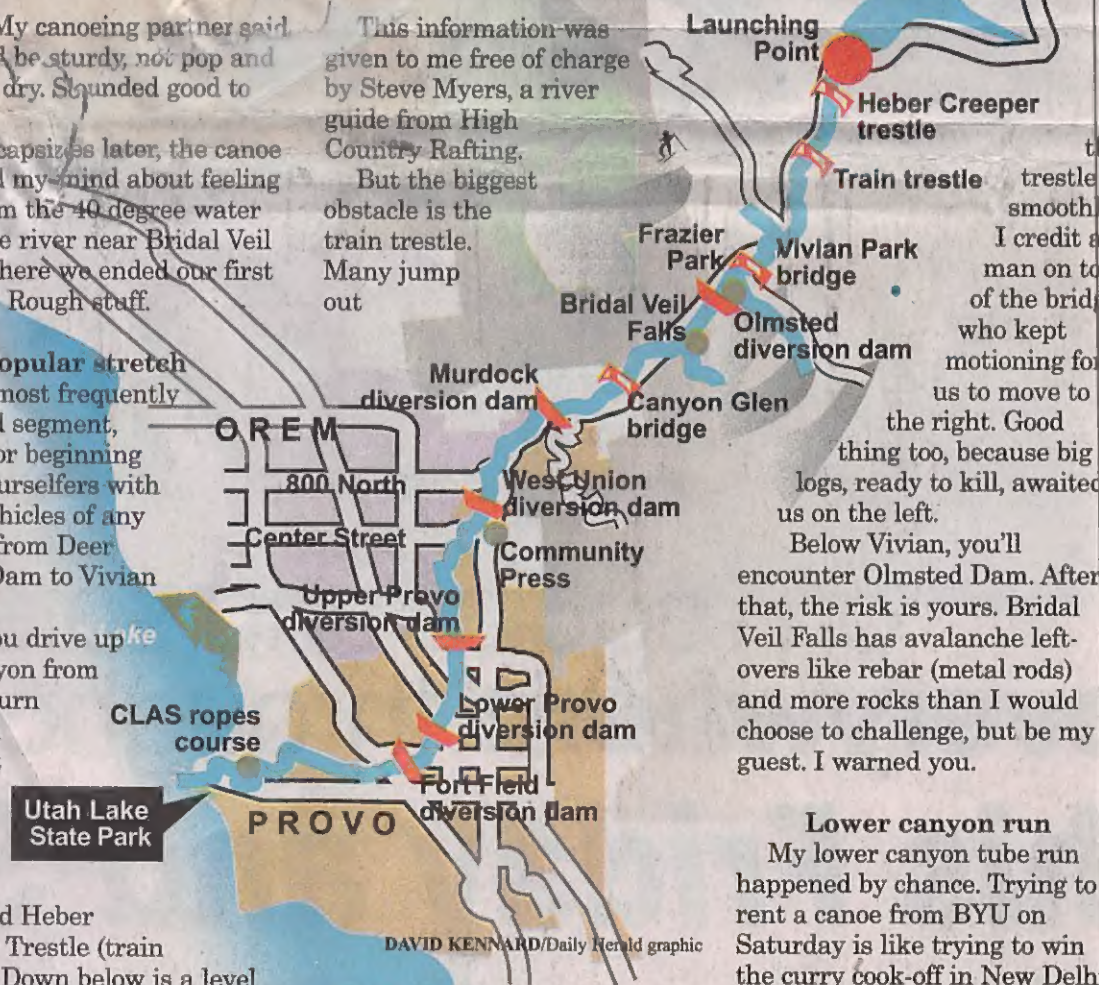
The most frequently traveled segment, prime for beginning do-it-yourselfers with river vehicles of any sort, is from Deer Creek Dam to Vivian Park.

As you drive up the canyon from Provo, turn right on the first dirt road past the overhead Heber Creeper Trestle (train bridge). Down below is a level launching point and lots of shady car space.

But a few words of advice: Left, left, right. Apply this to the three forks in the river, to avoid shallow and narrow passages.

This information was given to me free of charge by Steve Myers, a river guide from High Country Rafting.

But the biggest obstacle is the train trestle. Many jump out



DAVID KENNARD/Daily Herald graphic

right before it.

"I have seen rubber rafts impinged right on it and fold around. People could not get the raft off it," said Stan Roberts, Provo water commissioner.

Though we sailed through

Below Vivian, you'll encounter Olmsted Dam. After that, the risk is yours. Bridal Veil Falls has avalanche leftovers like rebar (metal rods) and more rocks than I would choose to challenge, but be my guest. I warned you.

Lower canyon run

My lower canyon tube run happened by chance. Trying to rent a canoe from BYU on Saturday is like trying to win the curry cook-off in New Delhi Reserve ahead.

So tubes it was. Strategically avoiding Bridal Veil Falls, we launched at Upper Falls parking lot, adjacent to Nunn's Park

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And if there are any words of advice to all you potential tubers — **KEEP YOUR BOTTOMS UP!**

The water is swift and full of jagged boulders, but as long as you have a tight grip and an idea of which way to paddle, you should glide — or fly — over each obstacle in one piece. Avoid the dry, flesh-eating tree branches off to the side of the river — they could pop your tube and poke out an eye for good measure.

In about 35-45 minutes, you, and hopefully your tube, will reach Murdock Diversion Dam. The river calms into a pool, allowing for easy paddling to the rocky beach.

Uncharted waters

Here is where I disembark as amateur river guide. I'll be honest — I have not rafted farther than Murdock. But I have the rest of the journey on good authority, Provo's water commissioner, so here goes.

A quick disclaimer. Roberts has traveled up and down the river for years, checking the water's flow and diversion, so he knows the river's depth and geography. But he has never rafted the river, nor does he endorse it.

He also knows of people who have drowned over the years and the dangers of playing near

Finding your floats

BYU Outdoors Unlimited:
378-2708, 1151 ELWC Provo.
Canoes \$23/day, kayaks inflatable \$12-22/day, sea kayaks \$21, rafts \$45-\$92/day.
High Country Rafting: 224-2500, 3362 E. Provo Canyon (below Vivian Park)

Guided raft tours \$30/adult, \$15/child. rafts \$60/2 hours, inflatable kayaks \$15-25/2 hour, inner tubes \$7.50/2 hours.

CLAS Ropes Course: 373-8897, 3600 W. Center Provo (near Utah Lake) canoes \$7/2 hours, \$20/day.

All That Stuff In The Barn:
(435) 654-5889, 128 W. 100 North Midway

Former owner of Jerry's Sports Service in Orem, open faced kayaks \$30/day
Will have canoes next year.

Life jackets and paddles included with all rentals.

the diversion dams. So take precautions.

I use his knowledge based on his wealth of expertise examining the area, so forge new ground and safely explore the lower river.

Community Press on University Avenue is the next landmark. Between Murdock Dam and the press, the water is too shallow with two more dams.



KEVIN LEE/The Daily Herald

The ride: Diana Stanley and Charlie Frentz enjoy the ride along the Provo River. The High Country Rafting Company offers river tours down the Provo every day except Sunday.

But launching at the West Union Dam, above the press, should be smooth sailing until you reach the upper Provo City Dam around 2200 North. Myers said he has rafted to Shopko, so I have faith in the river-bottom stretch.

Hop out and back in until you reach the lower Provo City Dam at 1200 North and Columbia Lane. Get back in until you reach Fort Field Dam. You should now be near Geneva Road and low on rafting water.

For the final stretch, hop in at CLAS Ropes Course. CLAS charges a \$5 launch fee to use their private pond leading to Utah Lake. The water is calm to

the point of stagnation, but quite fun to row about in. Take the river about half a mile up from the launching point and then row back down until it enters into the lake.

"It's amazing how much wildlife is down here — beaver, muskrat, mink, great-horned owls," said Benjamin Allen, owner of CLAS.

Once at the lake, stay close to shore. The lake winds have been known to whisk unsuspecting rafters out far enough to need rescuing. Play it smart.

As armchair travelers, we have visualized the entire stretch as best as humanly possible. But I hope you will join

Safety features

- Wear sunscreen and good closed-toed shoes with traction
- Scout out suspected rough locations before you begin
- Always wear lifejackets
- Kayakers must wear helmets (required by local/state law)
- Tie everything in the boat, including paddles
- Hide keys near the car (who needs them on the river?)
- Establish communication beforehand with other paddlers (front person warns of obstacles; back person steers)
- Keep water out of canoe/raft. Makes steering more difficult
- If canoe capsizes, stay above it to avoid being smashed
- If you fall off raft/tube, hold on to it to avoid a long walk
- If you lose vehicle and control, go down river on back with feet first and get to shore ASAP
- Be aware of rebar (metal rods) and increased rocks and current in Bridal Veil Falls area
- Plan for upcoming dams and trestles

me as weekend warriors in conquering the ultimate "local" river.

And as my Australian rafting partner would say, "Cheers and bottoms up!"

by a palm print to a ninth slaying — that of an 87-year-old woman who was bludgeoned in her home with an antique iron last October.

Leffie Mason, who lived within 50 yards of a rail line that cuts through the small east Texas town of Hughes Springs, was attacked by someone who entered her home through a window. Her body was covered by a blanket, as were several other victims believed to have been killed by Maturino Resendez.

Maturino Resendez was

During the manhunt, the FBI referred to him by one of his aliases, Rafael Resendez-Ramirez.

First for burglary

Until the murder charge was filed in Hughes Springs, the only charge against him in Texas was burglary, at the scene where Dr. Claudia Benton, 39, was killed Dec. 17 in the Houston enclave of West University Place. She was beaten in the head, stabbed three times in the back and covered with a blanket.

burglary charge or all of the charges against him. His admission of guilt was not an official plea, because his court appearances were only to set bail and assign him a lawyer. He was jailed without bail.

In Texas, a charge of capital murder can usually be filed only when there is evidence that a murder occurred during the commission of certain felonies, such as burglary.

The decision of whether to charge also Maturino Resendez with capital murder in Ms. Benton's death

dered to a Texas Ranger at an El Paso border station Tuesday in a deal brokered by his sister.

It's still unclear why he turned himself in. Mexico doesn't have the death penalty and doesn't return suspects to countries where they may face the death penalty. But Mike Cox, a Texas Department of Public Safety spokesman, said Maturino Resendez may have feared bounty hunters. A \$125,000 reward had been offered for his capture.

and other wealthy countries, infected mothers typically receive five months of AZT, a therapy that cuts in half their babies' risk of infection.

But that treatment can cost more than \$1,000, far beyond what developing countries can afford.

Last year, scientists discovered that giving far fewer AZT doses, starting during labor, could protect newborns, although not as effectively as the treatment Americans get. But even that "short-course AZT therapy" was too expensive for many countries.

Nevirapine is a cheaper AIDS drug. Although it works against the same viral target as AZT, it stays in the body for a longer time, crosses the placenta and even gets into breast milk.

U.S. scientists, working with doctors in Uganda, studied 618 mothers. Half got short-course AZT. The other half got a single dose of nevirapine during labor, and their babies got a single dose within three days of birth.

The scientists hoped nevirapine would prove as good as AZT — but to their surprise, it worked far better. Just 13.1 percent of nevirapine-treated infants became infected with HIV, vs. 25.1 percent of AZT-treated babies.

Senate Republicans defend limited HMO bill

By LAURA MECKLER
Associated Press Writer

WASHINGTON — Senate Republicans, battling Democrats over patient rights, offered a series of modest alternatives on women's health, access to specialists, emergency room care and other popular proposals.

Holding firm for a second day, only a handful of Republicans have defected in a series of votes on the details of new patient protections. That's partly because Republicans answered — or promised to answer — popu-

lar Democratic proposals.

"That's why people are sticking together, because they know we are going to deliver on the substance," said Sen. Bill Frist, R-Tenn., a surgeon who is helping to lead the GOP effort. "That's the strategy."

Republicans defeated, 53-47, a Democratic plan to give patients access to needed specialists even if the specialists are outside a health plan's network. Republicans promised their own version, which would require "timely" specialist care, but would not give patients the right to go outside a network.

Also, a day after defeating a Democratic measure on women's health, the Senate approved a GOP measure requiring health insurance companies to pay for overnight hospital stays when women are treated for breast cancer, if a doctor recommends it.

While Democrats support that idea, all 45 of them voted no because the GOP version eliminated a Democratic amendment that would have allowed easier access to experimental treatments.

Democrats tried to get the Senate to include both provisions, but Republicans

refused. Instead, Republicans promised to produce their own amendment on experimental treatments by Thursday.

On an issue that sharply divides the parties, the Senate refused to extend new HMO rules to all 161 million people with private health insurance on Wednesday. The 52-48 vote meant many of the provisions would only apply to the 48 million Americans whose health plans fall outside state regulation because their employers provide insurance plans that are federally regulated.